

The Health Promotion Herald

Health and Wellness Center 2690 C St, Bldg 571 (Area B) in the Wright-Field Fitness Center
Wright-Patterson AFB OH 45433-5350 Telephone: (937) 904-9358

Wellness is an Attitude!

www.AFMCWellness.com



Make your health a priority and visit the AFMC Wellness Support Center website often. **This site is for Active Duty and DoD Civilian employees.** It is a great place to learn, get motivated, and stay focused on your health & wellness goals. It features online tools that will connect you to resources in all wellness dimensions including physical, social, mental, and spiritual.

Dietary Supplement

DoD has launched the Operation Supplement Safety (OPSS) campaign that educates and informs Airmen on responsible dietary supplement use. Dietary Supplements and other sports-related products used by Airmen are widespread. However, many supplement users are misinformed about the potential consequences and side effects of using some of these products. Resources to help guide Airmen in wise use of supplements can be found on the Human Performance Resource Center website at: <http://hprc-online.org/> Call Michael Papio at 904-9358



FREE Body Fat Measurement

For **Tricare Beneficiaries**, BOD POD measurements (Body Composition Analysis) are offered on space available at the WFFC in Health Promotion (HP). Please call Mr. Papio at 904-9358 to schedule an appt.



Class Policy

Health Promotion (HP):

Classes are open to Active Duty, Reservists, Guard, retired military and their dependents, and base civilian employees. Contract and retired civil service employees may attend on a space-available basis. Class sizes are limited and **all classes are first come, first served.**

CHPS:

Classes are open to all with access to WPAFB. Classes do not require registration and are on a space-available basis. See CHPS's Calendar for more information. Please contact Civilian Health Promotion Services if you would like any of these screenings and/or classes offered at your work location Phone 937-904-9359. CHPSWrightPatterson@foh.hhs.gov



HP Classes



Tobacco Cessation

Stop smoking or chewing tobacco for good! It's never been easier to quit. Classes are held in:

Occupational Medicine (OM),

Area B, Skyline Dr. Bldg 675

Tobacco Cessation Classes

Oct 05, 12, and 19 in OM Classroom #168

Nov 02, 09 and 30 in OM Classroom #168

Dec 07 and 14 in OM Classroom #168

All the Tobacco Cessation classes are 1 session from 1100-1230. Registration is not required. Call Michael Papio at 904-9358 for more information or questions.



It's Quittin' Time!
The Great American Smoke-out
is November 17th!
Event will be held at Medical Center



Are you thinking about quitting smoking but not sure you're ready? The Great American Smoke-out on November 17th is a great way to prove to yourself that you can quit for a day. For more information contact us at the Health Promotion (HP) at 904-9358

Fatigue Management

The objective of this electronic guide is to raise awareness and disseminate information to all USAF personnel about the impacts and implications of fatigue.

Follow these simple instructions to

Download your eGuide

Step 1: On your device, launch your mobile browser and enter the **link** you see below into your address bar.

Step 2: Select 'Install', Sign in and wait until your download ends.

Step 3:

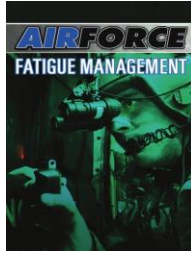
APPLE: Relaunch your browser, select the refresh button.

ANDROID: Relaunch your browser, select the refresh button

BLACKBERRY: Launch Reader and go to BOOKSTORE.

Then click ACCESS WEB ACCOUNT. Follow on-screen instructions LINK: qsp.mobi/AFFatigue

Having Problems? For more info HP at 904-9358



Active Duty Only

Fitness Improvement (BE WELL) Program

Available online through the ADLS web-site and/or Military One Source by calling 1-800-342-9647.

FIP support every Tuesday 0830-0930.

WFFC Bldg 571 Area B.

No FIP class on 20 and 27 Dec 2016

Need additional assistance call: Mr. Papio at 904-9358

Duty Limiting Condition (DLC)

Looking for your completed 469 for PT test?

Individuals can access their profile at:

Log onto the Air Force Portal

<https://asims.afms.mil/imr/MyIMR.aspx>

Running: How do I run and not get hurt?

Oct 24, 1100-1230 in WFFC Classroom #3.

Nov 15, 1100-1230 in WFFC Classroom #3.

Specific running techniques and training principles will be discussed to assist runners in preventing injury and increasing performance. Designed to meet the needs of all runners. Call Michael Papio at 904-9358.

Running Clinic (space is limited to 12)

Oct 17, 0900-1030 in WFFC Classroom #4.

Nov 07, 0900-1030 in WFFC Classroom #4.

Specific running techniques will be demonstrated and practiced to assist runners in preventing injury and optimize performance. Must wear running attire. Call Michael Papio at 904-9358.

Physical Training Leader Advanced Course

For Initial and Annual Recertification of PTL-A. Course Instructions: Must have a passing fitness test score, a current CPR card and obtain PTL-Basic certification before registering for the PTL-A course. **PTL-A Course is available on-line:**

- Access ADLS Link on AF Portal

https://golearn.csd.disa.mil/kc/main/kc_frame.asp?bInWhatsNew=True

- Select ADLS Gateway Link

- Select AETC Shield NOT AETC Course List

- Select Course List:

- AETC Misc. Training

- AF Physical Training Leader – Advanced Certification

For more information contact Mr. Michael Papio

937-904-9358.

All UFPMs should direct their appointed PTL-As to the site to view the video, download the training guide and print a copy of the certification. UFPMs must maintain copies of training certification as part of their duties in administering the unit fitness program IAW AFI 36-2905. **PTL Advanced** trainers will lead only CC-approved unit PT sessions IAW AFI 36-2905.

PTL Basic (Tester) Training and refresher (class conducted by FAC). Oct 11, Nov 08 and Dec 13 from 0700-0830 in the WFFC, Bldg 571 Classrm #3.

This course is a mandatory course for those who will be serving as test administrators for WPAFBs' official testing program, or those who will be conducting nonofficial diagnostic tests in their unit. This course teaches proper technique for push-ups, crunches, measuring abdominal circumference, AF run or walk test and tabulating the final score. **MUST wear PT gear.** PTL Tester must attend a refresher course annually. **This course is taught by 88 FSS FAC. POC Mr. Hickel 904-9363/4147**

UFPM Training Course Oct 11/Nov 08/Dec 13, 10:00-12:00 in the WFFC, Bldg 571 Classrm #3

This training is a required course for those members who will serve as their Unit fitness Program Manager (UFPM) and will train members on FA policies and metrics. **This course is taught by 88 FSS FAC. POC Mr. Hickel 904-9363/4147.**

Health Promotion Staff:

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Health Promotion Coordinator

937-904-9358

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HP Herald located here:

<http://www.wpafb.af.mil/units/wpmc/index.asp>